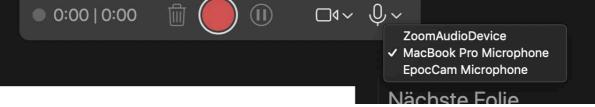
Self-recording a presentation

General advice:

- For best results use an external USB-Microphone and an external Webcam
- If possible, set the video resolution to 1920x1080 pixels (Full HD)
- If possible, save the file as an mp4 with h.264 codec (most apps will do this anyway)
- It's most convenient to use Microsoft Powerpoint's built-in recording function.

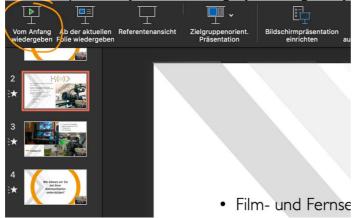
Recording a presentation with Microsoft Power Point

 Select Slide Show // Record Slide Show 	
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1 2 * 3 *	R (media BOX)
Choose your webcam:	
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Choose your microphone: O:00 0:00	



- When you're ready, select Record and start speaking.
- To record from a specific slide, go to it, and then select Record. Note: Narration won't record when slide transitions happen so let these play first before you start speaking.
- When finished, stop the recording and end the presentation mode.

• You can preview your recording by clicking "Play"



• Save your video by clicking "File>Export" choose mp4 from the dropdown list, make sure the resolution is set 1920x1080 pixels and save the file to a location on your computer.

Helpful resources:

https://www.youtube.com/watch?v=D8JV3w4TOVw

https://support.microsoft.com/en-us/office/record-a-presentation-2570dff5f81c-40bc-b404-e04e95ffab33